



Sears-Halifax Club 1555 Halifax, Nova Scotia

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Sears-Halifax 2012-2013
Club Executive

Club President: Erna Slingluff
VP of Education: Ralph Smith
VP of Membership: Rick Joseph
VP of Public Relations: Craig Rupert
Treasurer: Tony Easton
Club Secretary: Karen Caldwell
Sergeant-at-Arms: Graeme Van Leer
Past President: Rick Joseph

A Word From Our President

Erna Slingluff, ACB/CL

Dear Members:

Already another season is drawing to a close and we are keeping a brisk pace. Since our last newsletter, which seems like only a few weeks ago, we have several wonderful accomplishments to announce.

Stephen McLaughlin has reached his halfway point towards achieving his Competent Communicator designation, Graeme Van Leer has achieved Advanced Communicator Bronze and Jane Holden has not only achieved Advanced Communicator Gold, but also the highest designation in Toastmasters, Distinguished Toastmaster.

Congratulations Steven, Graeme and Jane! These are accomplishments that not only you as individuals benefit from but so will the whole club. Again congratulations, you deserve our recognition for your hard work and dedication.

Spring is approaching fast and this means we must start preparing for the Spring International Speech and Table Topics Contests, speak with our last contest winner, Christophe Lorenz and other past contest winners to find out the thrill and personal growth you will gain from participating in contests. It is an experience of a lifetime! You will advance a hundredfold in your personal goal to becoming a confident public speaker. Give it a try!



Click Ribbon
for details



Our Executive

Craig Rupert, CC/CL



Erna Slingloff, ACB/CL

President



Karen Caldwell, DTM

Secretary



Tony Easton, CTM

Treasurer

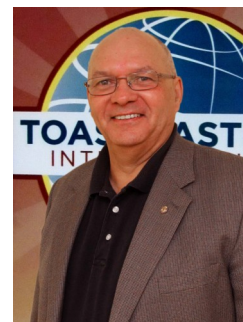


Graeme Van Leer, ACB

Sergeant-at-Arms

Rick Joseph, DTM

Past President, VP of
Membership



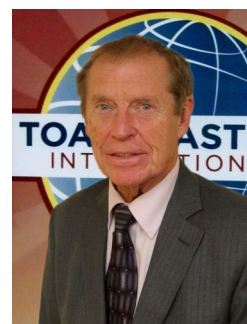
Craig Rupert, CC/CL

VP of Public Relations



Ralph Smith, ATM

VP of Education



LinkedIn, A Social Networking Site For Professionals

Graeme Van Leer, ACB



LinkedIn is a social networking site for professionals. It's a way to connect with people in the same industry as you, same interests as you and potentially meet someone who could offer you that 'too good to be true' opportunity. But before you dismiss it as some sort of 'Facebook' pretender...Here are some interesting stats about LinkedIn...

People with more than twenty connections are thirty-four times more likely to be approached with a job opportunity than people with less than five.

All 500 of the Fortune 500 are represented in LinkedIn. In fact, 499 of them are represented by director-level and above employees.

LinkedIn has more than 200 million members in over 200 countries and territories. The membership grows by approximately two new members every second.

Most people use LinkedIn to "get to someone" in order to make a sale, form a partnership, or get a job. However, it is a tool that is under-utilized by a lot of users, so here are some ways to increase the value of your LinkedIn membership, which incidentally is free – though there is an advanced paid service)

Increase your visibility

By adding connections, you increase the likelihood that people will see your profile first when they're searching for someone to hire or do business with. In addition to appearing at the top of search results, which is a major plus if you're one of the 52,000 product managers on LinkedIn, people would much rather work with people who their friends know and trust.

Improve your connectability

Most new users put only their current company in their profile. By doing so, they severely limit their ability to connect with people. You should fill out your profile like it's an executive bio, so include past companies, education, affiliations, and activities.

You can also include a link to your profile as part of an email signature. The added benefit is that the link enables people to see all your credentials, which would be awkward if not downright strange, as an attachment.

Improve your Google PageRank

LinkedIn allows you to make your profile information available for search engines to index. Since LinkedIn profiles receive a fairly high PageRank in Google, this is a good way to influence what people see when they search for you.

To do this, create a public profile and select "Full View." Also, instead of using the default URL, customize your public profile's URL to be your actual name. To strengthen the visibility of this page in search engines, use this link in various places on the web. For example, when you comment in a blog, include a link to your profile in your signature.

LinkedIn (Cont'd)



Enhance your search engine results

In addition to your name, you can also promote your blog or website to search engines like Google and Yahoo! Your LinkedIn profile allows you to publicize websites. There are a few pre-selected categories like "My Website," "My Company," etc.

If you select "Other," you can modify the name of the link. If you're linking to your personal blog, include your name or descriptive terms in the link, and "voila!" instant search-engine optimization for your site. To make this work, be sure your public profile setting is set to "Full View."

Perform blind, "reverse," and company reference checks

Use LinkedIn's reference check tool to input a company name and the years the person worked at the company to search for references. Your search will find the people who worked at the company during the same time period. Since references provided by a candidate will generally be glowing, this is a good way to get more balanced data.

Companies will typically check your references before hiring you, but have you ever thought of checking your prospective manager's references? Most interviewees don't have the audacity to ask a potential boss for references, but with LinkedIn you have a way to scope her out.

You can also check up on the company itself by finding the person who used to have the job that you're interviewing for. Do this by searching for job title and company, but be sure to uncheck "Current titles only." By contacting people who used to hold the position, you can get the inside scoop on the job, manager and growth potential.

By the way, if using LinkedIn in these ways becomes a common practice, we're apt to see more truthful resumes. There's nothing more amusing than to find out that the candidate who claims to have caused some huge success was a total bozo who was just along for the ride.

Increase the relevancy of your job search

Use LinkedIn's advanced search to find people with educational and work experience like yours to see where they work. For example, a programmer would use search keywords such as "Ruby on Rails," "C++," "Python," "Java," and "evangelist" to find out where other programmers with these skills work.

Make your interview go smoother

You can use LinkedIn to find the people that you're meeting. Knowing that you went to the same school, plays hockey, or shares acquaintances is a lot better than an awkward silence after, "I'm doing fine, thank you."

Gauge the health of a company

Perform an advanced search for company name and uncheck the "Current Companies Only" box. This will enable you to scrutinize the rate of turnover and whether key people are abandoning ship. Former employees usually give more candid opinions about a company's prospects than someone who's still on board.

Read More http://blog.guykawasaki.com/2007/01/ten_ways_to_use.html#ixzz2L6A22Gml

MOTIVATION FOR TOASTMASTERS LEADERS & MEMBERS

Karen Caldwell, DTM



1. What motivates you as a Toastmaster member or leader?
 - By achieving goals, you will develop the ability to understand others better.
 - If we are motivated, we create and maintain interest in members and our meetings.
 - We are provided opportunities to learn and grow that are safe, fun and educational.

2. What motivates you to achieve your goals?
 - Money – You can be paid to speak publicly or part of your role at work.
 - Praise – By achieving your goals, you build self-esteem and confidence.
 - Public recognition – Everyone loves attention.
 - More responsibility – Become a leader; try a new position on the executive, or at work or find a new job.
 - Promotion – When you improve your skills, others will notice and promote you.
 - Motivation – It can encourage you to use natural skills and talents.

3. Use appropriate recognition whenever possible:
 - Recognize someone's achievement immediately – with applause, awards or verbal congratulations.
 - Reward only the desired behaviour.
 - Address undesirable behaviour immediately.
 - Eliminate obstacles so you and members can succeed.

STOP
HOLDING
YOURSELF
BACK.

Turn
I wish
into
I will

Advice Corner

Routines Rock!

Colette Robicheau, TM



Having a routine doesn't mean your life will be boring or predictable. Routines are an awesome way to get more out of each day and to allow us to do more of the things we really want to do. Complete everyday activities in the most efficient way so that you have more free time to be spontaneous. Creating routines for different parts of your day such as morning, when you arrive at work, before you leave work, when you get home, dinnertime, and before bed, reap the greatest rewards.

Here's how to create a rockin' routine or to rework one you already have:

1. Make a list of some of the regular activities you do in the run of a day, like getting the kids ready for school, exercising, email or a report at work.
2. Estimate how much time it takes to do each task. This is often where people go wrong. We tend to underestimate the amount of time needed or have no idea at all.
3. Try to group actions by similar activity and location to minimize the amount of time you spend running back and forth, such as preparing supper, getting dressed for work, or items to be photocopied or sent out at work.
4. To finish your routine, write down your tasks in the order you will perform them along with the time allotted for each.
5. Use the times to limit the amount of time you spend on an activity (like getting dressed or primping). By knowing your start and end times, you will always know if you are running on schedule or not.
6. Add up the times to determine a start time to begin your routine.
7. Be sure to give yourself a buffer zone of extra time for unexpected events. As you repeat your routine, it will become easier and you will be quicker at getting things done.
8. Save time and adapt to curve balls by completing tasks before you need to do them. Try packing your lunch and briefcase the night before, making a week's worth of meals at one time or answering all your email at a set time.
9. To create some new habits try linking them to ones that are already in place. Put a load of laundry in as you start to make supper.

Once you make your routines rock, you'll see how it can save you time, toil, and trouble every day. You'll avoid some unnecessary stressors leaving you free to run your day by design and enjoy it however you choose.



Connect, Learn, Do

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Pictures of "Our Annual Awards Night for 2011-2012"

Craig Rupert, CC/CL



The time came to get together to reflect back on another very successful year. We enjoyed a great meal with friends, had a round of table topics, shared some great laughs and of course handed out some well deserved hardware. We are now into a new year and it is proving to be another great one.

MEMBERSHIP 101

Karen Caldwell, DTM

Membership is about the member's experience – what do you need to do to keep your membership healthy?

- Make your meetings fun, energetic and an environment that everyone can learn.
- Look at your club as a business – provide value for all members and your guests.
- Shake up your executive – if they aren't succeeding help them with recommendations and volunteer to be on a committee.



Five Tips to a successful membership:

1. Location – Access and visual are critical.
2. Executive Team – Must be strong, they set the tone for the club.
3. Why are your members there? It is to learn. Encourage mistakes to foster growth and support your members as they move through their challenges and projects.
4. Make meetings fun and educational:
 - Laugh often
 - Always greet members and guests
 - Supply members and guests with mentors
 - Introduce procedure regularly, for example Roberts Rules of Order – teach one procedure at a time.
5. Open the club up to outside resources – invite speakers to lecture on a subject your members want to understand.

Make your members happy – new members will come!



Fat-Burning Chili Recipe

Graeme Van Leer, ACB

1.5 lbs lean ground meat (I like to use ground buffalo, ostrich, or grass-fed beef, but lean ground turkey can work also)

- 1 large red pepper diced
- 5-6 jalapeno peppers diced (adjust based on your desired "hotness")
- 2 onions diced
- 2 tbsp extra virgin olive oil
- 1 large can crushed tomatoes
- 1 can of kidney beans or black beans (good source of antioxidants and fiber)
- half a bag of frozen chopped spinach (adds extra nutrient density... add in towards the end of cooking)
- 2 tbsp molasses (this is a good source of antioxidants, adds great flavor, and only adds minimal sugar)
- 1 or 2 tbsp of chili powder
- 1 or 2 tsp of cumin
- 1 or 2 tbsp of crushed garlic
- 1/2 cup oat bran (adds fiber and also helps soak up some of the extra moisture)
- I also like to add some fresh chopped cilantro while it's cooking
- 1 ripe avocado (for use as a topping after chili is cooked)
- some grass-fed raw cheese if you can find it (topping after cooked)

Use a large pot and start with the olive oil and ground meat cooking. Just start adding all of the diced vegetables and other ingredients as you get them ready. If you want to get a little crazy, and increase the nutrition content of this chili even further, you can even mix the ground meat you're using with ground grass-fed organ meats (like this [healthy organ meats article](#) described)

Once it's all together and cooking in the pot, reduce heat to low and simmer for 40-50 minutes. Top each bowl with freshly diced ripe avocado (more satisfying healthy fats) and sprinkle with shredded raw grass-fed cheese. You've got an awesome hot delicious meal! This recipe makes about 6 servings.

Save the leftovers and bring [healthy lunches or mid-meals](#) with you to work each day.

It doesn't get any more nutrient dense than this! This is the type of meal that is so dense in micro-nutrients, that it will satisfy your body's needs for nutrition (hence, eliminating cravings), but do it without overloading on calories.

Approximate macro-nutrient breakdown per serving:
35 g. protein, 45 g. carbs, 8 g. fiber, 14 g. fat (all healthy fat), 430 calories





Smiles & Chuckles

Craig Rupert, CC/CL



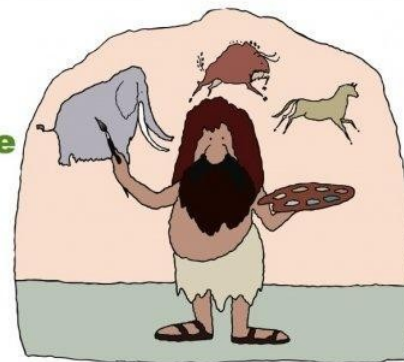
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"Did you teach him to speak?"

Historic Moments at Toastmasters

**Zog uses
PowerPaint to
put an audience
to sleep.**



**I don't suffer from insanity; I enjoy
every minute of it.**

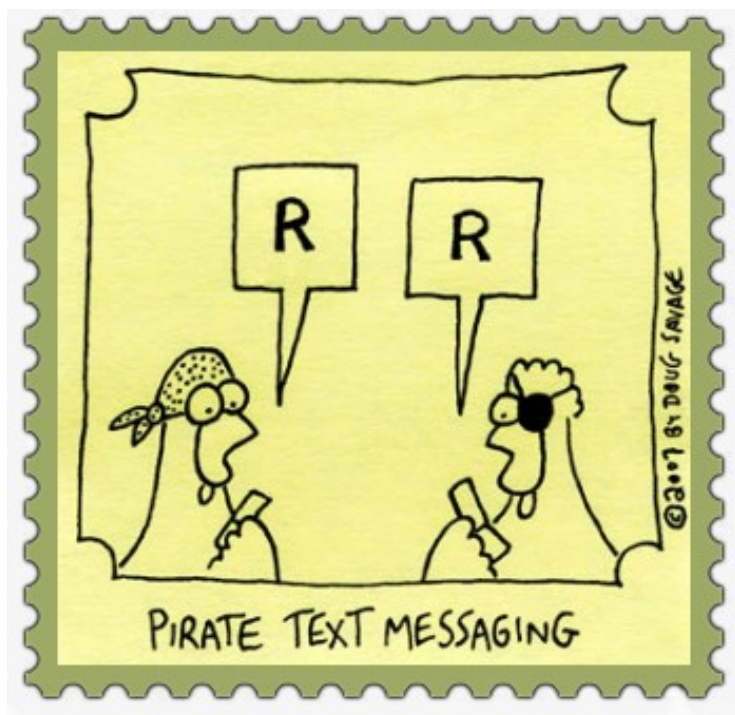
Few women admit their age; few men act it.

**Change is inevitable, except from a vending
machine.**

**There are three kinds of people: Those who
can count and those who can't.**

**The severity of the itch is inversely propor-
tional to the ability to reach it.**

**You can't have everything; where would you
put it?**



Toastmasters Picture Puzzle

Craig Rupert, CC/CL

*Click on the picture below to solve the puzzle
(See how quick you can do it)*

